

## Celebrating our Veterans

The Provincetown Council on Aging recognizes and honors those in our lives who have given so much by serving our country.



In appreciation, we invite veterans to pick up a special treat at the Coffee Pot on **Friday, November 12th.**

Outreach Coordinator, Andrea Lavenets, will be there to welcome you.

**To sign up call:**

The Provincetown Council on Aging  
508-487-7080



Coffee Pot  
315 Commercial St. (Lopes Square)  
7 am –10 am



## **COASTAL CONNECTIONS**

Cape COAST (Councils On Aging Serving Together) has been collaborating to strengthen our partnerships and leverage our collective resources to offer older adults on Cape Cod enhanced options for virtual programming. Join us as we connect visually through Zoom, widen our circles and take advantage of greater opportunities for engagement, enrichment and education. Below is a list of virtual programs open to all.

### **CAPE WILDLIFE CENTER      **Wednesday, November 3 at 9:30 a.m. (via Zoom)****

Zak Mertz is a licensed wildlife rehabilitator, and along with talking about the biodiversity on Cape Cod, he will go over what to do if you come across a wild animal, and some tips to help fauna thrive in your own backyard. Learn about their mission to provide veterinary care to sick, injured and orphaned wild animals. Meet some of their very interesting patients! *To register call the Chatham COA at 508-945-5190.*

### **LET'S TALK ABOUT TOMORROW      **Monday, November 15 at 9:30 a.m. (via Zoom)****

This info session, presented by the Homeless Prevention Council (HPC), is designed to create awareness about senior housing on the Lower Cape, to encourage attendees to work with case managers to apply as soon as possible, and to connect residents to the many local resources available. This information is crucial for older adults who are considering either applying for affordable senior housing or aging in place. *To register call the Chatham COA at 508-945-5190.*

### **USSR-RUSSIA: MYTHS, MYSTERIES & SPYING      **Tuesday, November 16 at 9 a.m. (via Zoom)****

Grab your morning coffee and listen to Harry Quinlan discuss his 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. This presentation will educate and entertain! *To register call the Chatham COA at 508-945-5190.*

### **KEEPING THE HOLIDAYS HEALTHY WITH CHEF HEATHER BAILEY**

**Wednesday, November 17 at 9:30 a.m. (via Zoom)**

Join this free online cooking class and watch as Chef Heather demonstrates some of your favorite recipes and provides tips for making your meals healthy and delicious! *To register call the Chatham COA at 508-945-5190.*

### **CHEF KELLI'S SURPRISE HOLIDAY TREAT**

**Tuesday, November 30 at 11:00 a.m. (via Facebook & Instagram Live)**

We're breaking in the new kitchen at the Dennis Center for Active Living (DCAL) with Kelli showing us how to make special holiday treats this season. *To register call the Dennis COA at (508) 385-5067.*

### **CURRENT EVENTS IN THE MIDDLE EAST      **Tuesday, December 7 at 1:30 p.m. (via Zoom)****

Why is the Middle East always in the headlines? Join Krishna Kulkarni (**Outreach Coordinator, University of Chicago Center for Middle Eastern Studies**) for a presentation on current events in this diverse and tumultuous region of the world. Participants will learn about how the modern Middle East took shape through history and the most significant developments taking place in the region today. Krishna will also discuss the ways news media affects our perceptions about the Middle East and its diverse communities. *To register call the Orleans COA at 507-255-6333.*

### **LIVING WITH WILDLIFE      **Thursday, December 9 at 10 a.m. (via Zoom)****

We share Massachusetts with a diverse range of wildlife that you may have come across exploring your neighborhood or making headlines in the news. Learn about commonly encountered wildlife such as deer, coyote, and raccoons, and their intersection with the wild and developed spaces we inhabit. Find out best practices for maintaining bird feeders and attracting visitors. From amazing pollinators to problematic mosquitoes and ticks, we'll introduce some incredible insects and how we impact each other. *To register call the Harwich COA at 508-430-7550.*